

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 16086, Peas, split, mature seeds, cooked, boiled, without salt

Report Date: October 24, 2015 10:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	69.49	--	1.521	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	494	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	8.34	--	0.276	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	0.39	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	0.68	--	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	21.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	8.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sugars, total	g	2.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
<b>Minerals</b>													
Calcium, Ca	mg	14	--	0.266	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.29	--	0.074	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	36	--	1.428	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	99	--	5.920	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	362	--	27.305	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2	--	0.129	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	1.00	--	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.181	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.396	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.190	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.056	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.890	--	0.059	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.595	--	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-6	mg	0.048	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folate, total	µg	65	--	14.314	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	65	--	14.314	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total	mg	32.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	16085	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	5.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total monounsaturated	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Amino Acids</b>													
Tryptophan	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.344	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.384	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.367	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	0.984	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.426	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.344	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.367	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1986
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
<b>Flavonoids</b>													
Isoflavones													
Daidzein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Total isoflavones <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.02	--	--	0.01	0.02	--	--	--	--	--	--	--

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